

MEMPHIS CITY SCHOOLS HEAD START MENU JANUARY 2008

Monday, January 7, 2008

BREAKFAST

X Orange Juice  $\frac{1}{2}$  cup (VIT C)

Special K Cereal  $\frac{3}{4}$  oz

2% Milk  $\frac{3}{4}$  -1 cup

LUNCH

Pizza w/ 1  $\frac{1}{2}$  oz Ground Beef & Cheese & Crust = 1 Slice Enriched Bread

Steamed Baby Carrots  $\frac{1}{4}$  cup

Celery Sticks  $\frac{1}{8}$  cup (RAW)

Chilled Applesauce  $\frac{1}{4}$  cup

2% Milk  $\frac{3}{4}$  -1 cup

SNACK

Bologna Slice  $\frac{1}{2}$  oz protein

Snack Mix  $\frac{3}{4}$  oz

Water

Tuesday, January 8, 2008

BREAKFAST

X Orange Juice  $\frac{1}{2}$  cup (VIT C)

Cheese ( $\frac{1}{2}$  oz) Toast 1

2% Milk  $\frac{3}{4}$  -1 cup

LUNCH

BBQ Pork (1  $\frac{1}{2}$  oz)

Baked Beans  $\frac{1}{4}$  cup

California Blend Vegetables  $\frac{1}{4}$  cup (No Cheese)

Sliced Cucumbers  $\frac{1}{8}$  cup (RAW)

Wheat Roll 1

2% Milk  $\frac{3}{4}$  -1 cup

SNACK

Raisins  $\frac{1}{2}$  cup

2% Milk  $\frac{1}{2}$  cup

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Wednesday, January 9, 2008

BREAKFAST

X Fresh Orange Wedges  $\frac{1}{2}$  cup (VIT C, RAW)

Turkey Sausage Links 2

Cinnamon Swirl Toast 1

2% Milk  $\frac{3}{4}$  -1 cup

**LUNCH**

Lasagna (1 ½ oz Ground Beef & Cheese & Noodles ¼ cup)  
Southern Style Green Beans ¼ cup  
Crispy Veggies ¼ cup w/ Dip  
Breadstick 1  
2% Milk ¾-1 cup

**SNACK**

Butter Cookies ¾ oz  
Apple Juice ½ cup

Thursday, January 10, 2008

**BREAKFAST**

Chilled Pears ½ cup  
Yogurt Cup 4 oz  
Muffin 1  
2% Milk ¾ -1 cup

**LUNCH**

Mexican Casserole (1 ½ oz Ground Beef & Cheese)  
Potato Wedges ¼ cup  
X Broccoli ¼ cup (VIT C) (No Cheese Sauce)  
Crispy Tossed Salad ¼ cup (RAW) w/Lettuce, Tomatoes & Cucumbers  
Enriched Wheat Bread ½ Slice  
2% Milk ¾ - 1 cup

**SNACK**

Vanilla Wafers ¾ oz  
2% Milk ½ cup

Friday, January 11, 2008

**BREAKFAST**

Chilled Sliced Peaches ½ cup  
Sausage Patty 1  
Hot Biscuit 1  
2% Milk ¾ - 1cup

**LUNCH**

Fish Sticks (1 ½ oz) w/Macaroni & Cheese  
Mixed Vegetables ¼ cup  
Fresh Sliced Kiwi ¼ cup (RAW)  
French Bread 1 slice  
2% Milk ¾-1cup

SNACK

Bear Grahams  $\frac{3}{4}$  oz

X Orange Juice  $\frac{1}{2}$  cup (VIT C)

Monday, January 14, 2008

BREAKFAST

Fresh Banana  $\frac{1}{2}$  cup (RAW)

Multigrain Cheerios  $\frac{3}{4}$  oz

Graham Crackers 3

2 % Milk  $\frac{3}{4}$  - 1 cup

LUNCH

Chicken Nuggets 1  $\frac{1}{2}$  oz Chicken

Whipped Potatoes  $\frac{1}{4}$  cup

X Steamed Broccoli  $\frac{1}{4}$  cup (VIT C)

Chilled Pineapple  $\frac{1}{4}$  cup

Enriched Bread  $\frac{1}{2}$  Slice

2 % Milk  $\frac{3}{4}$  - 1 cup

SNACK

Cheese Cubes  $\frac{1}{2}$  oz

Saltine Crackers 4

Grape Juice  $\frac{1}{2}$  cup

Tuesday, January 15, 2008

BREAKFAST

X Orange Juice  $\frac{1}{2}$  cup (VIT C)

Breakfast Burrito 1 w/1/2 oz Meat & Tortilla = 1 Slice Enriched Bread

2% Milk  $\frac{3}{4}$  - 1 cup

LUNCH

Hot Ham & Cheese (1  $\frac{1}{2}$  oz) Sandwich 1

Whole Kernel Corn  $\frac{1}{4}$  cup

Southern Style Green Beans  $\frac{1}{4}$  cup

Celery Sticks 1/8 cup (RAW)

Enriched Bread 2

Fruity Jello w/1/4 cup Fruit Cocktail

2% Milk  $\frac{3}{4}$  - 1 cup

SNACK

Animal Crackers  $\frac{3}{4}$  oz

2% Milk  $\frac{1}{2}$  cup

Wednesday, January 16, 2008

BREAKFAST

X Fresh Orange Wedges  $\frac{1}{2}$  cup (VIT C)

Cinnamon Breakfast Square 1

2 % Milk  $\frac{3}{4}$  - 1 cup

LUNCH

Chicken (1  $\frac{1}{2}$  oz) Tetrazinni w/Noodles

Baked Apples  $\frac{1}{4}$  cup

Steamed Baby Carrots  $\frac{1}{4}$  cup

Fresh Garden Salad  $\frac{1}{8}$  cup w/ Lettuce, Tomatoes & Celery (RAW)

Wheat Roll 1

2% Milk  $\frac{3}{4}$  - 1 cup

SNACK

Yogurt Cup 4 oz

Animal Cookies  $\frac{3}{4}$  oz

Water

Thursday, January 17, 2008

BREAKFAST

Fruit Cup w/ Grapes, Peaches, Pears, Pineapple  $\frac{1}{2}$  cup

Breakfast Bagel 1

2% Milk  $\frac{3}{4}$  - 1 cup

LUNCH

Hot Dog (1  $\frac{1}{2}$  oz Split Lengthwise)

Baked Beans  $\frac{1}{4}$  cup

X Turnip Greens  $\frac{1}{4}$  cup (1/2 VIT C)

X Cole Slaw  $\frac{1}{4}$  cup (RAW) (1/2 VIT C)

Hot Dog Bun 1

2% Milk  $\frac{3}{4}$  - 1 cup

SNACK

Bologna Slice  $\frac{1}{2}$  oz

Fresh Grapes  $\frac{1}{2}$  cup (Cut in Half)

Milk  $\frac{1}{2}$  cup

Friday, January 18, 2008

BREAKFAST

Chilled Pineapple  $\frac{1}{2}$  cup

Chicken Patty  $\frac{1}{2}$  oz

Hot Biscuit 1

2% Milk  $\frac{3}{4}$  - 1 cup

LUNCH

Cheeseburger (1  $\frac{1}{2}$  oz Ground Beef & Cheese)

Crinkle Cut Potatoes  $\frac{1}{4}$  cup

X Steamed Broccoli  $\frac{1}{4}$  cup (VIT C)

Lettuce & Tomato Cup 1/8 cup (RAW)  
Hamburger Bun 1  
2% Milk 3/4-1cup

**SNACK**

Brownie 3/4 oz  
Fresh Pear Slices 1/2 cup  
Water

Monday, January 21, 2008  
MARTIN LUTHER KING, JR  
HOLIDAY

Tuesday, January 22, 2008

**BREAKFAST**

X Orange Juice 1/2 cup (VIT C)  
European Waffle Sticks 3  
Cheese Snack 1/2 oz  
2% Milk 3/4 -1 cup

**LUNCH**

Turkey (1 1/2 oz) Salad  
Whole Kernel Corn 1/4 cup  
Carrot Sticks 1/8 cup (RAW)  
Chilled Pears 1/4 cup  
Crackers 4  
2 % Milk 3/4 - 1 cup

**SNACK**

Oatmeal Cookies 3/4 oz  
2 % Milk 3/4 - 1 cup

Wednesday, January 23, 2008

**BREAKFAST**

X Fresh Orange Wedges 1/2 cup (VIT C, RAW)  
Sausage Patty 1  
Hot Biscuit 1  
2% Milk 3/4 - 1 cup

**LUNCH**

Roast Pork (1 1/2 oz) w/ Gravy  
Whipped Potatoes 1/4 cup  
Turnip Greens 1/4 cup  
Cornbread 1  
2% Milk 3/4 - 1 cup  
BIRTHDAY CAKE 1



**SNACK**

Bear Grahams  $\frac{3}{4}$  oz

Apple Juice  $\frac{1}{2}$  cup

Thursday, January 24, 2008

**BREAKFAST**

X Orange Juice  $\frac{1}{2}$  cup (VIT C)

Banana Fruit Loaf 1

String Cheese  $\frac{1}{2}$  oz

2% Milk  $\frac{3}{4}$  - 1 cup

**LUNCH**

**MAKE YOUR OWN TACO**

Seasoned Ground Beef 1 oz

Pinto Beans  $\frac{1}{4}$  cup

Shredded Cheese  $\frac{1}{2}$  oz

Shredded Lettuce  $\frac{1}{8}$  cup (RAW)

Diced Fresh Tomatoes  $\frac{1}{8}$  cup (RAW)

Taco Shells 2

Mild Taco Sauce 1 package

2% Milk  $\frac{3}{4}$  - 1 cup

**SNACK**

Cheese Crackers 4 ( $\frac{3}{4}$  oz)

2 % Milk  $\frac{1}{2}$  cup

Friday, January 25, 2008

**BREAKFAST**

X Orange Juice  $\frac{1}{2}$  cup (VIT C)

Sausage Patty 1

Mini Pancakes 3 w/ Syrup

2% Milk  $\frac{3}{4}$  - 1 cup

**LUNCH**

Italian Spaghetti w/ 1  $\frac{1}{2}$  oz Ground Beef & Noodles

Southern Style Green Beans  $\frac{1}{4}$  cup

Cole Slaw  $\frac{1}{4}$  cup (RAW)

Breadstick 1

2% Milk  $\frac{3}{4}$  - 1 cup

**SNACK**

Fresh Apple Slices  $\frac{1}{2}$  cup

Vanilla Wafers  $\frac{3}{4}$  oz

Water

Monday, January 28, 2008

**BREAKFAST**

Fresh Banana ½ Medium

Special K Cereal ¾ oz

Graham Crackers 3

2% Milk ¾ - 1 cup

**LUNCH**

Chili w/ Cheese (Made w/ ½ cup Dried Beans)

Crinkle Cut Potatoes ¼ cup

California Blend Vegetables ¼ cup

Carrot Sticks 1/8 cup (RAW)

Crackers (18 Grams)

2% Milk ¾ - 1 cup

**SNACK**

X Fresh Orange Wedges ½ cup (VIT C)

Cheddar Fetti ¾ oz

Water

Tuesday, January 29, 2008

**BREAKFAST**

X Orange Juice ½ cup (VIT C)

Breakfast Ham ½ oz

Hot Biscuit 1

2 % Milk ¾ - 1 cup

**LUNCH**

Bean & Cheese Burrito w/ Salsa (Made with 1/2 cup Dried Beans & Tortilla = 1

Slice Enriched Bread

Potatoes au Gratin ¼ cup Potatoes

Steamed Baby Carrots ¼ cup

Fresh Sliced Apples ¼ cup (RAW)

2 % Milk ¾ - 1 cup

**SNACK**

Bear Grahams ¾ oz

2 % Milk ½ cup

Wednesday, January 30, 2008

**BREAKFAST**

X Orange Juice ½ cup (VIT C)

Cinnamon Swirl Toast 1

2 % Milk ¾ - 1 cup

**LUNCH**

Oven Baked Chicken (1 ½ oz )

Blackeyed Peas ¼ cup

Steamed Spinach ¼ cup

Fresh Garden Salad 1/8 cup w/ Lettuce, Tomatoes & Cucumbers (RAW)

Cornbread 1

Apple Crisp w/¼ cup Apples

2 % Milk ¾ - 1 cup

**SNACK**

Oatmeal Cookies ¾ oz

Grape Juice ½ cup

Thursday, January 31, 2008

**BREAKFAST**

Sliced Peaches ½ cup

Raisin Bran ¾ oz

Cheese Snack ½ oz

2 % Milk ¾ - 1 cup

**LUNCH**

Chicken Pot Pie (1 ½ oz Chicken & Crust = 1 Slice Enriched Bread)

Potato Wedges ¼ cup

X Steamed Broccoli ¼ cup (VIT C)

Wheat Roll 1

2 % Milk ¾ - 1 cup

**SNACK**

Fresh Grapes ½ cup (RAW) (Grapes cut in Half)

Graham Crackers 3

2 % Milk ½ cup

Friday, February 1, 2008

**BREAKFAST**

Chilled Applesauce ½ cup

Sausage Kolache 1 w/ ½ oz Sausage & Wrapping = 1 Slice Enriched Bread

2 % Milk ¾ - 1 cup

**LUNCH**

Meat Ball (1 ½ oz Ground Beef) Hoagie

Whole Kernel Corn ¼ cup

X Turnip Greens ¼ cup (1/2 VIT C)

X Fresh Tomato Cubes 1/8 cup (1/2 VIT C, RAW)

Hoagie Sandwich Bun 1

2 % Milk ¾ - 1 cup



**SNACK**

**Fresh Pear Slices  $\frac{1}{2}$  cup (RAW)**

**Butter Cookies  $\frac{1}{4}$  oz**

**Water**

**MEMPHIS CITY SCHOOLS HEAD START MENU  
DECEMBER, 2007**

**MONDAY, NOVEMBER 26, 2007**

**BREAKFAST**

X Grapefruit Sections  $\frac{1}{2}$  c (VIT C)

Multigrain Cheerios  $\frac{3}{4}$  oz

Graham Crackers 3

2 % Milk  $\frac{3}{4}$  - 1 cup

**LUNCH**

Chicken (1 oz) Vegetable Soup 1 c w/  $\frac{1}{4}$  c Soup Vegetables

Sub Sandwich 3 "w/  $\frac{1}{2}$  oz Lunchmeat

Corn on the Cob  $\frac{1}{4}$  cup

Steamed Baby Carrots  $\frac{1}{4}$  cup

Sliced Tomatoes & Lettuce  $\frac{1}{8}$  cup (RAW) on Sandwich

Sub Sandwich Bun 1 - 3 "

Chilled Pineapple  $\frac{1}{4}$  c

2 % Milk  $\frac{3}{4}$  - 1 c

**SNACK**

Cheese Cubes  $\frac{1}{2}$  oz

Snack Mix  $\frac{3}{4}$  oz

Apple Juice  $\frac{1}{2}$  c

**TUESDAY, NOVEMBER 27, 2007**

**BREAKFAST**

X Orange Juice  $\frac{1}{2}$  c (VIT C)

Cheese ( $\frac{1}{2}$  oz) Toast 1

2 % Milk  $\frac{3}{4}$  - 1 c

**LUNCH**

Lasagna w/1  $\frac{1}{2}$  oz Ground Beef & Cheese

Lasagna Noodles

Southern Style Green Beans  $\frac{1}{4}$  c

Crispy Veggies  $\frac{1}{4}$  c w/ Dip (RAW)

Bread Stick 1

Chilled Peaches  $\frac{1}{4}$  c

2 % Milk  $\frac{3}{4}$  - 1 c

**SNACK**

Oatmeal Cookies  $\frac{3}{4}$  oz

2 % Milk  $\frac{1}{2}$  c

WEDNESDAY, NOVEMBER 28, 2007

BREAKFAST

Applesauce ½ c  
Cinnamon Swirl Toast 1  
2 % Milk ¾ - 1 c

LUNCH

Chicken Rings 1 ½ oz Chicken w/ Dipping Sauce  
Seasoned Baked Potato ¼ c  
California Blend Vegetables ¼ c (No Cheese Sauce)  
Fresh Garden Salad w/Lettuce, Tomatoes & Cucumbers 1/4 c (RAW)  
Wheat Roll 1  
2 % Milk ¾ - 1 c

SNACK

X Fresh Orange Wedges ½ c (VIT C)  
Bologna Slice ½ oz  
Saltine Crackers 4  
Water

THURSDAY, NOVEMBER 29, 2007

BREAKFAST

Fruit Cocktail Cup ½ c  
Yogurt 4 oz  
Muffin 1  
2 % Milk ¾ - 1 c

LUNCH

Mexican Casserole w/ 1 ½ oz Ground Beef & Cheese  
X Steamed Broccoli ¼ c (VIT C) (No Cheese)  
Carrot & Celery Sticks ¼ c (RAW) w/ Ranch Dip  
Texas Toast ½ Slice  
2 % Milk ¾ - 1 c

SNACK

Animal Crackers (3/4 oz)  
Milk ½ c

FRIDAY, NOVEMBER 30, 2007

BREAKFAST

X Orange Juice ½ c (VIT C)  
Sausage Patty 1  
Hot Biscuit 1  
2 % Milk ¾ - 1 c

#### LUNCH

Fish Sticks 1 ½ oz w/  
Macaroni and Cheese  
Mixed Vegetables ¼ c  
Cornbread 1  
Chilled Peaches ½ c  
2 % Milk ¾ - 1 c

#### SNACK

Fresh Apple Slices ½ c (RAW)  
Bear Grahams (¾ oz)  
Water

#### MONDAY, DECEMBER 3, 2007

##### BREAKFAST

Sliced Pears ½ c  
Breakfast Ham ½ oz  
Oatmeal 1/3 c  
Graham Crackers 3  
2 % Milk ¾ - 1 c

#### LUNCH

Sloppy Joe 1 ½ oz Ground Beef  
Whipped Potatoes ¼ c  
X Steamed Broccoli ¼ c (VIT C)  
Fresh Tomato Cubes ¼ c (RAW)  
Heated Bun 1  
2 % Milk ¾ - 1 c

#### SNACK

Cheddar Fetti (¾ oz)  
Grape Juice ½ c

#### TUESDAY, DECEMBER 4, 2007

##### BREAKFAST

Applesauce ½ c  
Breakfast Burrito w/1/2 oz protein & wrapping = 1 Slice Enriched Bread  
2 % Milk ¾ - 1 c

#### LUNCH

Hot Ham & Cheese Sandwich 1 w/1 ½ oz Ham & Cheese  
Whole Kernel Corn ¼ c  
X Turnip Greens ¼ c (1/2 VIT C)  
X Fresh Tomato Cubes ¼ c (1/2 VIT C) (RAW)  
Fruity Jello w/ 1/4 c Fruit Cocktail

Heated Sandwich Bun 1

2 % Milk  $\frac{3}{4}$  - 1 c

**SNACK**

Graham Crackers 3

2 % Milk  $\frac{1}{2}$  c

**WEDNESDAY, DECEMBER 5, 2007**

**BREAKFAST**

X Fresh Orange Wedges  $\frac{1}{2}$  c (VIT C)

Cinnamon Breakfast Square 1

2 % Milk  $\frac{3}{4}$  - 1 c

**LUNCH**

Chicken 1  $\frac{1}{2}$  oz Tetrazinni

Noodles

Baked Apples  $\frac{1}{4}$  c

Steamed Baby Carrots  $\frac{1}{4}$  c

Garden Salad  $\frac{1}{4}$  c w/Lettuce, Tomatoes & Green Peppers (RAW)

Wheat Roll 1

2 % Milk  $\frac{3}{4}$  - 1 c

**SNACK**

Fruit Yogurt Cup 4 oz

Animal Cookies (3/4 oz)

Water

**THURSDAY, DECEMBER 6, 2007**

**BREAKFAST**

X Orange Juice  $\frac{1}{2}$  c (VIT C)

Scrambled Eggs 1

Breakfast Bagel 1

2 % Milk  $\frac{3}{4}$  - 1 cup

**LUNCH**

Hot Dog 1  $\frac{1}{2}$  oz (Hot Dogs must be Split Lengthwise for Children)

Potato Batter Bites  $\frac{1}{4}$  c

California Blend Vegetables  $\frac{1}{4}$  c

Coleslaw  $\frac{1}{4}$  c (RAW)

Hot Dog Bun 1

2 % Milk  $\frac{3}{4}$  - 1 c

**SNACK**

Bear Grahams  $\frac{3}{4}$  oz

2 % Milk  $\frac{1}{2}$  c



FRIDAY, DECEMBER 7, 2007

BREAKFAST

X Fresh Cantaloupe Slices  $\frac{1}{2}$  c (VIT C)

Chicken Patty  $\frac{1}{2}$  oz

Hot Biscuit 1

2 % Milk  $\frac{3}{4}$  - 1 c

LUNCH

Cheeseburger 1  $\frac{1}{2}$  oz Ground Beef & Cheese

Crinkle Cut Potatoes  $\frac{1}{4}$  c

Oriental Vegetables  $\frac{1}{4}$  c

Lettuce & Tomato Cup  $\frac{1}{8}$  c (RAW)

Heated Bun 1

2 % Milk  $\frac{3}{4}$  - 1 cup

SNACK

Graham Crackers 3

Grape Juice  $\frac{1}{2}$  cup

MONDAY, DECEMBER 10, 2007

BREAKFAST

Sliced Fresh Banana  $\frac{1}{2}$  c

Special K Cereal  $\frac{3}{4}$  oz

Cheese Stick  $\frac{1}{2}$  oz

2 % Milk  $\frac{3}{4}$  - 1 c

LUNCH

Chicken (1 oz) Vegetable Soup 1 c w/ $\frac{1}{4}$  c Soup Vegetables

Sub Sandwich 3 "w/ $\frac{1}{2}$  oz Deli Turkey

Potato Batter Bites  $\frac{1}{4}$  c

California Blend Vegetables  $\frac{1}{4}$  c (No Cheese Sauce)

Lettuce & Tomato Cup  $\frac{1}{8}$  c (RAW)

Sub Sandwich Roll 1 (3 ")

2 % Milk  $\frac{3}{4}$  - 1 c

SNACK

X Fresh Orange Wedges  $\frac{1}{2}$  c (VIT C)

Bear Grahams  $\frac{3}{4}$  oz

Water

TUESDAY, DECEMBER 11, 2007

BREAKFAST

X Orange Juice  $\frac{1}{2}$  c (VIT C)

Turkey Sausage Links 2

European Waffles Sticks w/Syrup 3

2 % Milk  $\frac{3}{4}$  - 1 c

**LUNCH**

Breaded Beef Steak 1  $\frac{1}{2}$  oz w/ Gravy

Whipped Potatoes  $\frac{1}{4}$  c

Steamed Baby Carrots  $\frac{1}{4}$  c

Fresh Apple Slices  $\frac{1}{4}$  c (RAW)

Wheat Roll 1

2 % Milk  $\frac{3}{4}$  - 1 c

**SNACK**

Graham Crackers 3

2 % Milk  $\frac{1}{2}$  c

**WEDNESDAY, DECEMBER 12, 2007**

**BREAKFAST**

X Fresh Orange Wedges  $\frac{1}{2}$  c (VIT C)

Sausage Patty 1

Hot Biscuit 1

2 % Milk  $\frac{3}{4}$  - 1 c

**LUNCH**

Roast Pork 1  $\frac{1}{2}$  oz w/Gravy

Potatoes au Gratin  $\frac{1}{4}$  c Potatoes

Turnip Greens  $\frac{1}{4}$  c

Crispy Vegetables  $\frac{1}{8}$  c w/ Dip (RAW)

Cornbread 1

2 % Milk  $\frac{3}{4}$  - 1 c

**SNACK**

Cheese Crackers (3/4 oz)

Grape Juice  $\frac{1}{2}$  c

**THURSDAY, DECEMBER 13, 2007**

**BREAKFAST**

X Orange Juice  $\frac{1}{2}$  c (VIT C)

Breakfast Ham 1/2 oz

Banana Fruit Loaf 1

2 % Milk  $\frac{3}{4}$  - 1 c

**LUNCH**

**CHRISTMAS CELEBRATION**

Turkey 1  $\frac{1}{2}$  oz & Dressing w/Cranberry Sauce

Sweet Potato Casserole w/  $\frac{1}{4}$  c Potatoes

Green Peas & Carrots  $\frac{1}{4}$  cup

Fresh Garden Salad w/ Lettuce, Tomatoes & Cucumbers  $\frac{1}{8}$  c (RAW)